

• Cooler Packing List •

PRODUCE

- 1 bunch parsley
- 1 (12-ounce) bag broccoli slaw
- 1 (5-ounce) package baby arugula
- 1 (5-ounce) package baby spinach
- 1 (16-ounce) container strawberries
- 2 (5-ounce) containers blackberries
- 1 lime
- 1 lemon
- 4 peaches
- 3 large oranges
- 4 ears of corn
- 1 large red bell pepper
- 2 pints grape tomatoes

DAIRY & EGGS

- 1 stick butter*
- 1 quart fat-free plain Greek yogurt
- 1 quart milk (3 1/2 cups used in recipes—use other 1/2 cup for coffee)
- 1 (4-ounce) log goat cheese
- 6 eggs



MEAT

- 1 1/2 pounds skinless, boneless chicken thighs
- 2 (12-ounce) flat-iron steaks

CONDIMENTS

- Dijon mustard* (1/3 cup)
- Orange marmalade* (1/2 cup)

**To save space, pack the amount specified rather than the whole jar, box, or bag.*

6 secrets of a well-packed cooler

Cool the cooler: If yours is stored in a hot garage or attic, bring it inside overnight so it can cool off before you start packing it.

Fill it all the way up: A half-empty cooler is half full of room-temperature air,

which means the ice inside it will melt faster.

Use solid ice: Solid ice melts slower than cubed or crushed. If you can't find solid blocks, use reusable gel-filled ice packs. Line the bottom of the cooler,

then pack food on top, adding cubed or crushed ice (in bags) to fill gaps.

Pack foods in order: Raw meats, fish, and poultry belong on the bottom to avoid contamination. Seal them in plastic bags.

Keep it shut: Use a separate cooler to pack drinks and snacks for the trip.

Insulate it: Stow cooler in the trunk, away from light, and put a blanket or sleeping bag around it for extra insulation. —Phoebe Wu